

# Exercise

## Help Your Child to Stay Healthy



1. Help your child to find an exercise activity he/she likes to do:
  - ♦ Playing ball
  - ♦ Gardening
  - ♦ Going to the park
  - ♦ Dancing
  - ♦ Fishing
  - ♦ House Cleaning
2. Encourage your child to do the activity at least 3 times a week or more for about half an hour each time
3. Most kids don't need an exercise program- but it is very important to keep them active
4. Remember to check with your doctor before starting any new type of activity program that could be strenuous



Alabama Department of Rehabilitation Services  
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